

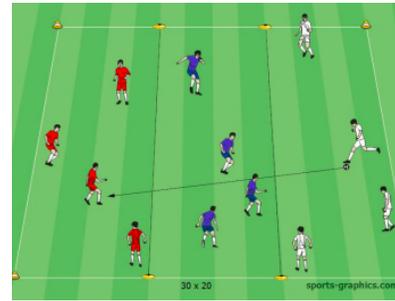
U14 Practice

ACTIVITY NAME	DESCRIPTION	DIAGRAM	COACHING POINTS
Warm Up (5 minutes)			
Receiving Air Balls	<ol style="list-style-type: none">1. Have a player hand pass (or foot if capable) to a second player who must receive the ball and touch it to the third player.2. After a series of successful executions, have the third player move so the receiving player must first find him and then pass. At no time may the ball touch the ground.		Observe the touch and especially the timing of the off player. The object should be to keep the ball off the ground.

Activity Name (10 minutes)

Monkey In the Middle

1. The field will be split in thirds. There will be three teams total. Two end zone teams and one middle zone team.
2. Middle zone group defends. End zone group passes to the opposite end zone with passes knee high or lower. Middle zone team can send in one defender after 3 passes. Make sure to rotate the teams so each one gets a change to be the middle zone team.

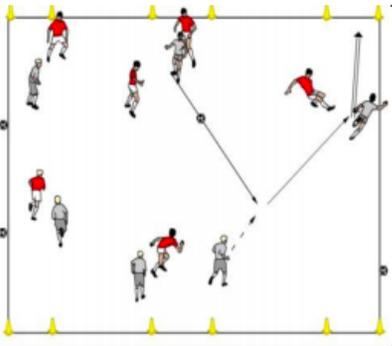


This activity will teach: Timing of passing which involves movement by the receiver in the opposite end zone to help open a passing lane. Mobility – early movement to receive passes. If the potential receivers are showing for the ball then the chance for a successful penetrating pass increases.

Activity Name (15 minutes)

<p>Combat 2v2</p>	<ol style="list-style-type: none">1. Open area (no boundaries). Players divided into two teams. Each team lines up on opposite sides of the coach facing the open area.2. The coach kicks the ball out into the open area. Two players from each line chases after the ball. The first player to the ball attempts to possess it and works with their teammate to pass the ball through the opposing teams gates. The other two players try to steal it from them. They play 2v2. Whoever passes the ball through the opposing teams cones get a point.3. When the ball is passed through a gate or goes beyond 2 minutes the next two pairs will go.	 <p>The illustration shows a green soccer field with white lines. A coach in a pink shirt and white shorts stands in the center, kicking a ball. Two players from each team (one in yellow, one in red) are chasing the ball. There are two gates (cones) on each side of the field. The website address www.sports-graphics.com is visible in the bottom right corner.</p>	<p>This game will teach: Quickness, speed, dribbling for possession (shielding), vision (finding target = gates) and passing.</p>
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Activity Name (15 minutes)

<p>3 Goal Game</p>	<ol style="list-style-type: none"> 1. Set up three goals using cones on one end line and do the same on the other side. Split the players into two teams. 2. Using only one ball the teams must work together to score as many goals as possible on the opposing team. This should be a high scoring game because there are three goals to score on. 		<p>This is a high pace game that should teach the players how to move the ball quickly from one side of the field to the other (swinging the ball). Players should be in constant movement to create opportunities to receive the ball or to pass the ball.</p>
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Activity Name (15 minutes)

<p>Game Overview</p>	<ol style="list-style-type: none"> 1. Use this last portion to go over anything your team needs to work on. Whether its game rules or passing. Give all players constructive criticism. 	<p>No image.</p>	<p>Now that the players have played plenty of games use this time to go over how it went and what you need to work on as a team.</p>
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